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Bangalore Mirror

TEMP Max 28 | Min 20 | Humidity 85% Generally cloudy sky with Light rain Sensex 82,693 | Nifty 25,330 | Gold 1,11,710 | Silver 1,37,200 | Dollar 87.81 | Euro 104.53 | GBP 119.70

Tune in

CITY PAGE 2

K'taka educational body launches own Internet-based radio platform to foster democratic values among students

Vegetable matters

CITY PAGE 6

Results of tests to detect heavy metals and pesticide in veggies inconclusive, Pollution Board to hit the ground running again

Residents from all corners of city have one common appeal — fix our roads so that commuting doesn't seem like a deadly risk. All warnings, deadline and assurances sound hollow when potholes remain perennial

BOULEVARD OF BROKEN DREAMS

Punish contractors for bad work; focus on maintenance

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The modus operandi of those in power remains the same: Don't bother about an issue while it is cropping up. When it gets out of hand, give assurances to fix it. Forget about it till the next crisis. Bengaluru has heard such assurances from all, including Chief Minister, Deputy Chief Minister, Greater Bengaluru Authority (GBA) Chief Commissioner, that its perennial problem - craters and potholes - will be fixed soon.

Previous BBMP Commissioners and Bengaluru in-charge ministers have even threatened to impose a penalty on engineers for not filling up potholes all these years. There were also a few instances of engineers being penalised for not getting the job done.

However, potholes and craters continue to exist on the city roads despite tall claims of allocating funds for filling up potholes on a priority basis. Recently, the GBA Chief Commissioner directed the engineers to fill up potholes on a priority basis. He said that 178 roads covering 401 km are under the defect liability period (DLP). "Contractors are responsible for filling up potholes and repairing the surface damage on these

CONTINUED ON PAGE 8 >>

INSIDE>>
IN THE PITS
• Company exits gnarly ORR
• Sinkhole shocker
7 PG

> I have stopped using my two-wheeler to reach my workplace due to the bad condition of the roads. I prefer taking cabs as it is safer
>
> —Satish M, Kithaganur resident

WRONG NUMBER

Two cases in 1 week put spotlight on number plate fraud in city

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A routine traffic check near the Deputy Chief Minister's residence in Sadashivnagar uncovered a case of suspected plate tampering that has again put the spotlight on an old problem, motorists altering or faking registration plates to dodge detection.

On September 7, traffic constable Manu, on duty at the junction of 7th A Main Road and 18th Cross, noticed a white passenger car obstructing traffic. The vehicle was parked in a way that was disrupting the flow and no one was around to claim it. When Manu checked the registration number displayed on the plate and called the listed owner, the man on the phone protested that his car was parked at his home and could not be causing the obstruction. The discrepancy raised suspicion.

A closer inspection revealed that the car carried two registration plates, one pasted over the other. Under the outer plate was another number. Police said the underlying registration belongs to former MLA Manjunath and that a notice has been served to him. The vehicle was seized and a case has been registered for using a fake registration plate, police said.

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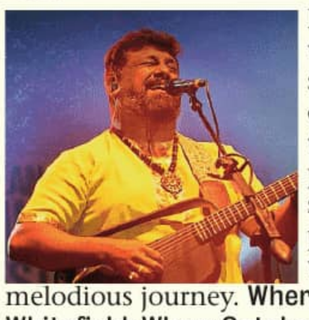
THINGS TO DO

01 Let the chords speak



Raghu Dixit will be taking the stage for a spectacular Silver Jubilee celebration of timeless tunes and unforgettable performances. From folk soul to rock fusion, the performance is set to take the audience on a melodious journey. **Where: Phoenix Marketcity, Whitefield; When: October 11, 7 pm**

02 Modern mythology

Punyah Dance Company explores timeless ideas through contemporary reflections in 'Maya', a retelling of Mahabharata. **Where: Dwani Auditorium, CMRIT Campus; When: September 27, 6.30 pm**

03 Artistic delight

Museum of Art & Photography (MAP) is organising 'In Celestial Company', an exhibition featuring sculptures, textiles,

brass figurines, paintings, chariots, and wooden artefacts where the oft-ignored celestial beings who accompany and carry the pantheon are the centrepiece. **Where: Museum of Art & Photography, Ashok Nagar; When: Opening September 13**

04 Curtain call

Black Box India is presenting 'No Strings Attached', an engaging exploration of the human experience presented in a contemporary vaudeville format, delving into the intricacies of the present, past and potential future. **Where: Alliance Francaise, Vasanth Nagar; When: October 10, 7.30 pm**

05 Sustainable splurge

Our Better Planet is organising Conscious Souk – a thoughtfully curated sustainable shopping experience celebrating home grown brands from across the country. The event features sarees, jewellery, apparel, home decor, gifts and much more. **Where: Raintree, Sankey Road; When: September 26 and 27, 11 am**

Students, tune in to get the signal, loud & clear

New radio initiative aims to empower students with constitutional knowledge, voter awareness, and active civic participation, while also inspiring them with student success stories

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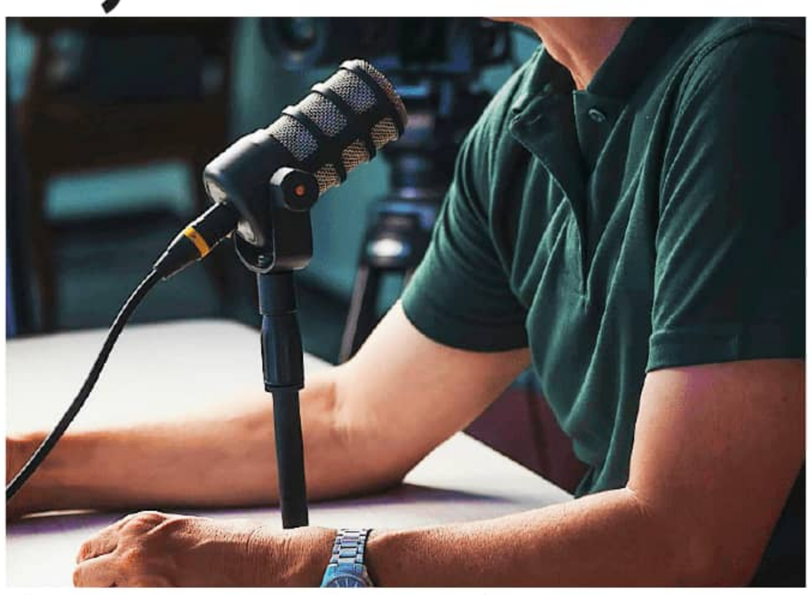


Democracy Radio–2025 programming centres on Preamble–focused segments, voter awareness campaigns, and career guidance sessions featuring experts and alumni

The Karnataka Residential Educational Institutions Society (KREIS) has rolled out its own internet-based radio platform, Democracy Radio-2025, aimed at fostering democratic values, civic awareness, and student engagement. Designed as both an educational and creative outlet, the platform will broadcast a diverse mix of content, including motivational talks, wellness activities, cultural events, and civic discussions.

Central to its programming are segments dedicated to the Preamble of the Constitution, voter awareness campaigns, and career guidance sessions with experts and alumni. The initiative also promises to highlight student success stories with the aim to inspire peers with global perspectives and role models from within their own communities.

To ensure accessibility, KREIS is equipping classrooms with smart systems supported by CSR funding, enabling students across both urban and rural areas to tune in together and actively participate.

Speaking about the initiative, Social Welfare Minister Dr HC Mahadevappa, said, "Democracy Radio-2025 is not only a platform for education and creativity but also a bridge to connect young minds with the values of democracy and citizenship. This initiative will help our students learn, participate, and lead with awareness." His message, broadcast as the maiden programme of Democracy Radio-2025, underscored its significance in empowering students with constitutional knowledge, voter awareness, and active civic participation.

Democracy Radio-2025 is expected to play a transformative role in shaping young minds by strengthening civic awareness and democratic values among students. At the same time, it serves as a platform for student voices, enabling them to share achievements, creative expressions, and personal journeys that inspire peers and foster confidence. With success stories of students cracking professional courses or experiencing global exposure through educational tours, the radio instills aspiration and motivation across the community.

By broadcasting programmes on the Constitution, voter awareness, career guidance, wellness, and cultural activities, the platform goes beyond classroom learning to promote holistic development and critical thinking. It creates equal access to knowledge by reaching even rural students through CSR-supported smart systems, bridging the urban-rural gap.

The platform was formally inaugurated on International Democracy Day during a celebration organised by the State Social Welfare Department at Vidhana Soudha, where BDA Chairman NA Haris symbolically launched the initiative. By encouraging creativity, participation, and collective listening, Democracy Radio-2025 is set to build a sense of unity, ultimately empowering the next generation to become informed, responsible, and active citizens.

Travel operators seek GST relief for mid-sized tourist vehicles

The Karnataka State Travel Operators Association (KSTOA) has welcomed the recent GST 2.0 reforms, which grant an 18 per cent concessional tax rate for small vehicles, but has strongly objected to the exclusion of popular mid-sized SUVs and MPVs crucial to the tourism sector. The association argues that treating vehicles like the Toyota Innova and Maruti Ertiga as luxury cars, instead of essential fleet vehicles, is a serious injustice. At present, these workhorses of Indian tourism attract a high tax of up to 40 per cent, which is a heavy burden on mid-segment travel operators. This tax structure not only increases operator costs and passenger fares but also stifles the overall growth of the tourism sector.

K Radhakrishna Holla, President of KSTOA, has appealed to the Union Finance Ministry and the Fitment Committee to urgently reconsider the matter before finalising GST 2.0. "The goal of GST 2.0 should be to deliver simple and equitable tax benefits across all sectors. The mid-segment travel industry cannot be left out," he stated. The association is urging policymakers to recognise the vital role these vehicles play in Indian tourism and extend them the appropriate tax concessions to ensure the industry's continued growth and sustainability.

Association demands concessions for mid–sized vehicles

B'luru Metro faces ₹13,000 crore debt burden in next five years

Bangalore Metro Rail Corporation Limited (BMRCL) is staring at a massive repayment challenge, with over Rs 13,106 crore in foreign loans and interest to be cleared in the next five years. These loans, raised through international lenders like ADB, JICA, AFD, AIIB, EIB, and KfW for Phase 1 and 2 projects including the Airport Line (Blue) and Kalena Agrahara–Nagawara (Pink Line), carry an annual interest liability of Rs 128 crore and principal repayments of Rs 463 crore. Between 2024 and 2030, BMRCL must settle around Rs 10,422 crore in foreign loans and a total repayment outgo of over Rs 13,106 crore, in addition to Rs 21,521 crore in subordinate debt.

Sources said that despite making profits for the first time in 2023–24—Rs 31.25 crore on revenues of Rs 573.9 crore—Metro operations have mostly been loss-making, with deficits ranging between Rs 11 crore and Rs 214 crore in previous years. Operating costs have soared from Rs 262.9 crore in 2017–18 to Rs 613.5 crore in 2023–24, largely due to network expansion from 43 km to 76 km, higher maintenance, staff, and power expenses. With further Phase 3 expansion requiring another Rs 7,000 crore loan, the fare revision committee has hinted that a hike is unavoidable after seven years of stagnant pricing. "By 2028, the Metro network is projected to expand to 176 km, passenger numbers to touch 15.76 lakh daily, and operational revenues to grow by at least 10 per cent. However, the looming debt repayments mean Bengaluru commuters may soon have to brace for steeper ticket prices," said a source.

— BMB

Coin system to end at city RO plants, digital payments on the way

The coin-based system at Bengaluru's RO water plants may soon be phased out, with the Bangalore Water Supply and Sewerage Board (BWSSB) planning to introduce UPI and prepaid card payments. The 1,184 units earlier managed by Bruhat Bengaluru Mahanagara Palike (BBMP) have been handed over to BWSSB, which has invited tenders for repair and maintenance, while also exploring uniform pricing across all plants to avoid confusion. Under the new model, consumers' payments will directly go to the BWSSB account, with revenue shared 60:40 between contractors and the board. Prepaid cards will be made available at BWSSB service centres for those unable to use UPI. Officials aim to roll out the digital system by year-end, branding and standardising the plants while ensuring transparency and quality in service delivery.

— BMB

NEET second round counselling begins with 400 more medical seats

The Karnataka Examinations Authority (KEA) has started the second round of seat allotment for medical, dental, and AYUSH undergraduate courses. Candidates can reshuffle or delete their option entries on September 17 and 18. With 400 additional MBBS seats and the launch of Farooquia Medical College in Mysuru, applicants have been given another chance to revise their preferences, though fresh options can only be entered for the new college.

KEA has also written to VTU, asking it not to approve the admission of 351 candidates who were allotted seats in the final round of engineering counselling but failed to report to colleges. Students have been advised to carefully select institutions based on financial capacity, as complaints were raised about steep fees — for instance, seats at Srinivas Medical College, Mangaluru reportedly rising from Rs 12 lakh to Rs 22 lakh. Once allotted in this round, admission will be mandatory, and even those who earlier opted for engineering but deposited Rs 1 lakh caution fee can still compete for medical seats by reordering their options.

— BMB

CRIME FILES

Car topples into illegal cellar pit, driver injured

A car toppled into a 12-foot-deep, illegally excavated cellar pit on Gandhi Bazaar Main Road on Tuesday afternoon, leaving the driver injured.

According to eyewitnesses, the man was attempting to park his vehicle when it slipped into the open pit that had been excavated for an unauthorised cellar construction, which had no barricades or safety measures. Locals rushed to the spot and pulled the driver out of the car. He was immediately taken to a private hospital, where he is undergoing treatment.

Residents alleged that the excavation work for the cellar had been underway for nearly a month and a half. They claimed that not only was the construction illegal, but also no barricades or warning signs were placed around the deep pit, putting motorists and pedestrians at risk.

"This cellar excavation is illegal in the city, and the work has been going on for nearly two months. It is dangerous, as no barricades or safety measures have been put up in place," a local resident said.

The incident has renewed concerns about unauthorised cellar and basement constructions in the city, many of which breach building regulations and compromise public safety. **–BMB**

Truck runs over food delivery executive

A 25-year-old food delivery executive, Burhanuddin from Assam, died after a speeding truck rammed into his scooter on Varthur Main Road late Tuesday night. He was rushed to Vydehi Hospital with critical injuries but succumbed during treatment. Burhanuddin was on his way to deliver food when the accident occurred. Whitefield Traffic Police arrested the truck driver, seized the vehicle, and launched an investigation into the incident. The tragic crash has once again raised concerns over reckless driving in Bengaluru. **–BMB**

Labourers attacked and robbed by tempo driver

Two construction labourers were robbed by a Tempo Traveller driver in the early hours of Tuesday within Ramamurthy Nagar police limits. The victims, Biswas and his friend, had just arrived at KR Puram railway station from their native place and were waiting for transport around 3.30 am when the driver offered them a ride. With another passenger already inside, they agreed to board. However, the driver diverted the vehicle to a deserted area, threatened them with a spanner, and snatched Biswas's mobile phone and ₹1,500 in cash. After dropping the victims near Kasturi Nagar, the accused sped away. **–BMB**

Ticketless travellers face heavy fines

The Bengaluru Metropolitan Transport Corporation (BMTC) has intensified its campaign against ticketless travel and misuse of reserved seats in city buses. During a special operation conducted during July and August 2025, checking staff inspected 41,156 trips across Bengaluru and its outskirts.

During the checks, 7,077 passengers were caught travelling without tickets. A total of ₹16.81 lakh in fines was collected from offenders. In addition, 2,812 cases were filed against conductors for dereliction of duty.

Officials further revealed that 642 male passengers were fined for occupying seats reserved exclusively for women. The fines, totalling ₹64,200, were imposed under KMV Rules 94, read with Section 177 of the Motor Vehicles Act, 1988.

In total, 7,719 passengers were penalised over the two-month period, with BMTC collecting ₹17.45 lakh in fines.

BMTC urged commuters to buy valid tickets or passes beforehand, avoiding fines and embarassement while supporting improved services and smoother operations. **–BMB**

No delivery, this was daylight robbery

A shocking robbery occurred in Banashankari on Sunday night after a man posing as a food delivery agent, forced his way into a house, tied up an elderly woman, assaulted her and escaped with ₹8 lakh in cash.

The victim, 65-year-old Kanakapushpa, was alone at home when the accused and his accomplices struck. Police stated the main accused, identified as Madivala, was a former driver of Kanakapushpa's son Rahul. He had worked with the family for four months and was dismissed on Sunday morning after being paid his dues.

Enraged, Madivala allegedly conspired with three others and returned to the house that evening. After ensuring Rahul had stepped out, the gang rang the doorbell disguised as food delivery agents. The moment Kanakapushpa opened the door, they forced their way in, bound her hands and legs, and stabbed her in the neck with a knife before fleeing with the cash.

Injuried woman was taken to a private hosptial, currently undergoing treatment. **–BMB**

Police stop suspected smugglers in their tracks

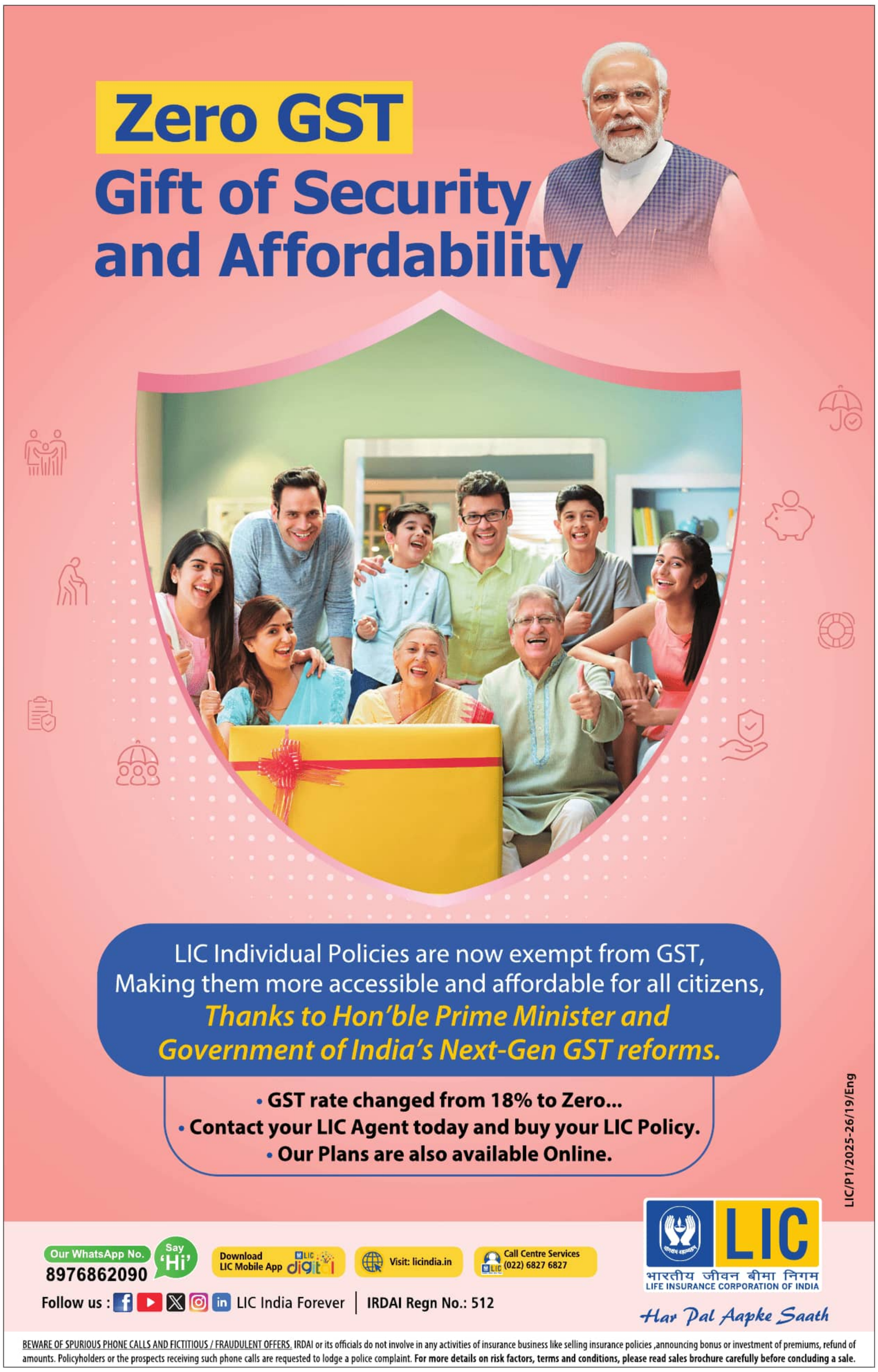
Alert officers on duty intercepted a car near Nayandahalli junction on Tuesday and foiled a suspected intercity drug racket.

The car, carrying 21.9 kg of marijuana, 88 grams of gold, ₹2.8 lakh in cash, and five mobile phones, was stopped by constables Raju and Mahesh, who grew suspicious after noticing the vehicle's tinted windows and the occupant's nervous behavior.

As the car was flagged down, two men jumped out and fled, while the driver, later identified as Nayeem Ahmed, was apprehended at the scene. A search of the vehicle resulted in the seizure of two bags containing tightly sealed packets of contraband.

Interestingly, the car bore an 'ARMY' sticker on its rear window, apparently to evade police checks. "Many offenders misuse such logos, including 'PRESS' or 'On Govt Duty', to deceive the police," an officer said.

Ahmed in police custody ; case filed, probe launched, accomplices hunted. **-BMB**


Zero GST
Gift of Security and Affordability
LIC Individual Policies are now exempt from GST,
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Thanks to Hon'ble Prime Minister and Government of India's Next-Gen GST reforms.
• GST rate changed from 18% to Zero...
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South zone leaps ahead in rooftop solar power drive

Government subsidies encourage families to embrace renewable systems for long-term savings

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South Bengaluru is basking in the glory of the sun—quite literally. With 1,170 households generating 6.29 MW of electricity under the PM Surya Ghar scheme, this region has emerged as the undisputed solar champion of Bengaluru. Families are not only powering their own homes but also selling surplus electricity to BESCOM, earning an extra income while reducing dependence on fossil fuels. A BESCOM official said, "The trend is part of a larger solar story across the city, where 4,476 households within BESCOM limits have achieved self-sufficiency and together generate close to 20 MW of clean energy. For a city long known as India's tech capital, Bengaluru is now scripting a new identity as a hub for green energy adoption."

South Bengaluru: The solar capital

Wide terraces, experimental homeowners, and a strong awareness of long-term savings have made South Bengaluru the city's solar powerhouse. The 1,170 homes here have tapped into subsidies, producing electricity not only for domestic use but also for sale to the grid. With free electricity up to 300 units per month, families report significant reductions in bills, while the resale option has turned many into micro power entrepreneurs.

The next big contributor is West Bengaluru, where 906 households generate 3.86 MW. Despite being densely populated, residents here have made rooftop solar a reality. In neighbourhoods dominated by compact homes, the initiative proves that solar adoption does not require sprawling space—it just needs awareness and willingness to invest. Close on its heels, Bengaluru North has 692 families producing 3.02 MW. The middle-class backbone of the city shows that solar is not a luxury but a practical investment. With subsidy support of up to ₹78,000 per household, many families here are seeing payback periods shrink as rising electricity costs make solar more attractive.

In East Bengaluru, 619 families are producing 2.87 MW, while the urban core of Bengaluru contributes 319 families generating 1.45 MW. Despite space constraints, apartment rooftops and shared panels are driving participation. East Bengaluru, in particular, is expected to climb higher as IT corridor residents increasingly embrace sustainable living in greater numbers.

Why Bengaluru is embracing is solar

Launched in February 2024, the PM Surya Ghar scheme has struck a chord with citizens despite Karnataka's own Griha Jyothi scheme offering free power. The central scheme not only cuts monthly bills but also allows families to sell electricity back to BESCOM, providing a steady income stream. BESCOM has already disbursed ₹30.96 crore in subsidies to support installations, with panels ranging from 1 kW to 4 kW, ensuring long-term savings extending over 25 years.

"From the rooftops of South Bengaluru to the lanes of West, North, and East, the city is steadily transforming itself into a green energy hub. For the 4,476 families already reaping the benefits, solar is no longer an experiment—it is a lifestyle and as more rooftops glitter with panels, Bengaluru is showing that the future of power lies not in wires but in the sun overhead," added a BESCOM official.

Thousands of families are embracing solar programmes that combine savings with independence, redefining the city's role in renewable growth

Beyond Bengaluru: The ripple effect

The wave is not limited to the city. Neighbouring districts have also joined:

Ramanagara: 331 families | 1.29 MW
Davangere: 228 families | 0.76 MW
Tumakuru: 137 families | 0.48 MW
Kolar: 73 families | 0.22 MW

Scheme snapshot

Total families powered: **4,476**
Total capacity installed: **~20 MW**
Subsidy released: **₹30.96 crore**
Free power benefit: **300 units per month**
Savings horizon: **25 years**

Plate tampering can be about more than just traffic offence

CONTINUED FROM PAGE 1

The Sadashivnagar discovery is the latest of similar incidents reported across the city in recent weeks, prompting concerns among traffic officials who say such tampering is on the rise despite periodic crackdowns.

In a separate incident on September 16, Sub-Inspector Henry Madhan of the City Market Traffic Police Station acted on a tip-off about a two-wheeler parked near a shop at Kabbina Mandi. Madhan, who oversees Sectors 14 and 15, found that a scooter had speakers affixed to both the front and rear number plates, effectively concealing the registration number. The rider, identified as 29-year-old Abdul Rahim, was booked for allegedly attempting to defraud the government by hiding the registration number in violation of the Motor Vehicles Act.

Both cases, booked under different police stations within a week, have reignited calls for stricter enforcement across the city and a review of surveillance and verification processes.

How motorists hide or alter number plates

Traffic officials say offenders use several methods to obscure or fake vehicle identities. Some paste duplicate or fake plates over the original, while others use removable covers or flip devices that blur or hide numbers from CCTV and speed cameras. In certain cases, motorists attach mechanical fixtures such as speakers or brackets to obstruct the view of the plate. Temporary adhesive stickers are also used, allowing fake numbers to be peeled off quickly. Another common trick is swapping plates between vehicles or duplicating plates with similar fonts that are actually registered to different owners.

"Tampering with plates is not merely a traffic violation, it is often a deliberate attempt to defeat enforcement mechanisms and can be linked to more serious offences," a senior traffic officer said.

Govt institutes film award in memory of Saroja Devi

The Karnataka government on Wednesday announced instituting a special film award in memory of Kannada film icon late B Saroja Devi. The award, titled 'Abhinaya Saraswathi B Saroja Devi Award', will honour women achievers who have rendered at least 25 years of memorable service to the Kannada film industry.

The government order notes that Saroja Devi, a celebrated actress and recipient of the Padma Sri and Padma Bhushan, was known as a Pancha Bhasha Thare (star of five languages) and contributed immensely to both Indian and Kannada cinema.

The Department of Information and Public Relations Commissioner had proposed the institution of this award as a fitting tribute to her legacy.

The award will be included in the list of the annual State Film Awards. It will come into effect from the calendar year 2025. The 'Abhinaya Saras-wathi B Saroja Devi Award' will carry a cash prize of Rs one lakh along with a silver medal weighing 100 grams. Born on January 7, 1938, Saroja Devi had acted in over 200 films. She had performed in Kannada, Hindi, Telugu, Tamil and Malayalam films. The actress passed away on July 14, 2025 due to age-related ailments. **— PTI**

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Travel trouble

Lingarajapuram

Stagnant water beneath the Lingarajapuram flyover near St. Charles High School is turning daily travel into a nightmare, posing a serious safety risk.

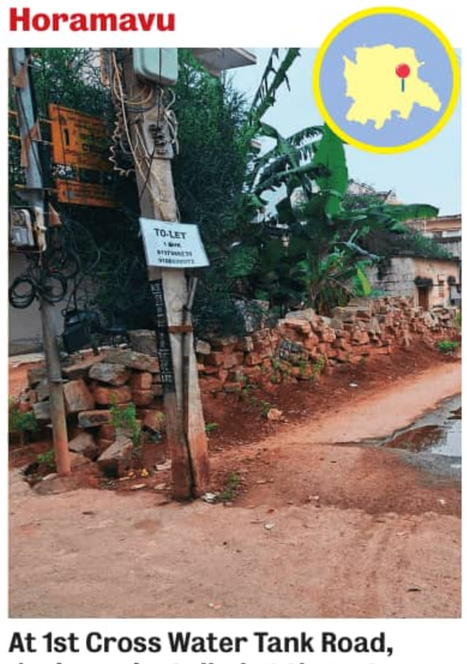
Entry jam

Krishnarajapuram

Illegal parking at the second entrance of Krishnarajapuram railway station is creating chaos for commuters.

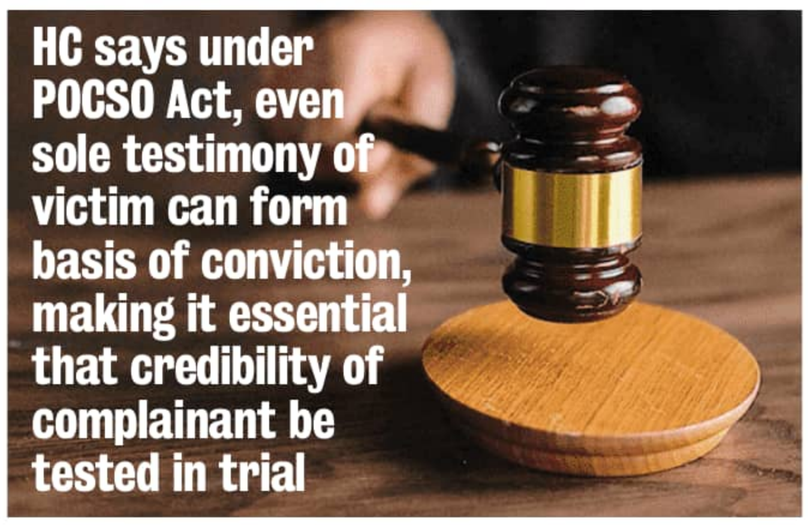
Walk worry

Horamavu



At 1st Cross Water Tank Road, drainage installed at the entrance has encroached upon the BBMP road space, creating a hazardous path for seniors and children.

Judiciary signals trial in Yediyurappa's POCSO case


HC says under POCSO Act, even sole testimony of victim can form basis of conviction, making it essential that credibility of complainant be tested in trial

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Case against former CM warrants trial says HC, recommends avoiding unnecessary time wastage

The Karnataka High Court, while considering former Chief Minister BS Yediyurappa's plea to quash a case filed against him under the Protection of Children from Sexual Offences (POCSO) Act, orally remarked on September 17 that the matter appeared prima facie fit for trial.

This was Yediyurappa's second petition challenging the Special Court's February 28, 2025 order which had taken cognisance of the case and issued summons. He has also asked for the FIR and chargesheet to be set aside.

After hearing arguments from both Yediyurappa's counsel and the State, Justice MI Arun said, "Prima facie it is a case for trial. Of course, I will hear you." The judge further observed that while Yediyurappa's political position might give rise to allegations of harassment, such issues could be addressed through observations by the court. He suggested that instead of prolonged hearings, general directions on Section 482 CrPC maintainability and procedural safeguards could be issued.

The court highlighted that under the POCSO Act, even the sole testimony of a victim can form the basis of conviction, making it essential that the credibility of the complainant be tested in trial. "Arguments about counter-cases filed by the victim's mother, or claims of a honey trap, are all matters for trial," the bench orally remarked.

Justice Arun asked Yediyurappa's lawyer to clarify what specific safeguards against harassment they sought, noting that directions could be issued to ensure speedy disposal by the trial court. "As of now, looking at the file, my opinion is that we should avoid wasting everyone's time unnecessarily," the court added.

Advocate Sandeep S Patil, appearing for Yediyurappa, said they would consider the suggestion and return with a response. The matter was then adjourned to Friday (September 19), with the court indicating it would prefer to conclude arguments quickly.

Previously, the High Court had set aside an earlier order of cognisance passed by the Special Court, directing it to reconsider. The Special Court again took cognisance on February 28, but this order was stayed by the High Court.

The case stems from a complaint filed by the mother of a 17-year-old girl, who alleged that Yediyurappa sexually assaulted her daughter during a meeting at his Bengaluru residence in February 2024.

ED probe reveals fund diversion in fraud case

The Enforcement Directorate (ED), Bengaluru Zonal Office, has filed a charge sheet before the Special Court (PMLA), Bengaluru, against Associate Lumbers Pvt Ltd (ALPL) and 17 others in connection with a Rs 122 crore bank fraud case. ED initiated an investigation based on an FIR by the CBI, ACB, Bengaluru, against ALPL, its Directors, and others under various sections of the IPC and the Prevention of Corruption (Amendment) Act, 1988.The ED probe revealed that funds were diverted to entities in Panama and Costa Rica, which are controlled by relatives of one of the Directors of ALPL, as an advance payment for the import of timber. **–IANS**

No bed, blanket or mug: Darshan's counsel alleges denial of basics in jail

The controversy over facilities being provided to Kannada actor Darshan Thoogudeepa, who is lodged in Parappana Agrahara Central Prison in connection with the Renukaswamy murder case, reached the court once again on Wednesday.

His counsel, advocate S Sunil Kumar, alleged that the prison officials had failed to comply with the court's earlier direction to provide minimum facilities, including a bed and pillow, to the accused.

When the petition came up, Kumar submitted that, despite a specific order of the court, the jail authorities had not provided even basic necessities such as a bed, blanket, plate, and a mug. He contended that this amounted to contempt of court and accused the officials of treating the order lightly.

The counsel further questioned the justification for keeping Darshan and other accused in quarantine cells for over a month. "Quarantine rules were relevant only during the Covid period. Now they are being misused to harass the accused," he argued.

He also pointed out that, barring co-accused Pavithra Gowda, all others had been kept in quarantine, and sought details of whether any legislators or MPs had been subjected to such prolonged isolation.

Raising another charge, Kumar claimed that cameras had been installed around Darshan under the guise of heightened security.

"Even Pakistani terrorists lodged in the adjacent cell are being provided recreational facilities like carrom and television. There are videos to prove this," he submitted, offering to place them before the court.

Government pleader Sachin, appearing for the prosecution, refuted the allegations and maintained that Darshan was being provided facilities strictly in line with the jail manual. He asserted that the quarantine arrangement was in accordance with prison regulations and added that Darshan was allowed routine outdoor walks in the morning and evening.

After hearing both sides, the court adjourned the matter to September 19. It directed that all accused in the case be produced through video conference during the next hearing.

Darshan, along with actress Pavithra Gowda and several others, is accused of "abducting and torturing" 33-year-old Renukaswamy, a fan who allegedly sent obscene messages to Pavithra. The police has alleged the victim was held in a shed in Bengaluru for three days in June 2024 and subjected to brutal torture and his body was recovered from a drain. **–PTI**

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Veggies to be tested again for heavy metal, pesticides

After inconclusive findings, CPCB's joint committee returns to Bengaluru's farms and markets to test vegetables, soil, water, and air

Garima Prasher
garima.prasher
@timesofindia.com

TWEETS @BangaloreMIRROR

YASHASWINI KRISHNA

FSSAI-approved laboratories to examine re-sampled vegetables, while CPCB handles soil, water, air, and manure contamination analysis

Fresh scrutiny is underway as CPCB revisits farmlands and markets to detect pesticide and metal contamination in vegetables. A comprehensive report will be ready in November, addressing earlier inconclusive findings

The joint committee constituted by the Central Pollution Control Board (CPCB) to detect heavy metals and pesticide contamination in Bengaluru's vegetables has decided to revisit markets and agricultural fields around the city for a more accurate assessment. This step follows inconclusive results from an earlier analysis carried out this year. To ensure clarity, the committee will now reassess water, soil, and vegetable samples from selected areas, alongside ambient air quality monitoring as recommended. The fresh analysis is expected to be completed by October 15, with a comprehensive report due in November.

In February, committee members — including representatives from the Karnataka State Pollution Control Board (KSPCB), Food Safety and Standards Authority of India (FSSAI), ICAR-Indian Institute of Soil Science (IISS) Bhopal, and the University of Agricultural Sciences (UAS) — collected 75 vegetable samples from both fields and markets. These included 22 samples from farms in Nelamangala, Kolar, and Chikkaballapura, and 53 samples from Bengaluru's HOPCOMS, the Agricultural Produce Market Committee (APMC) in Nelamangala, and APMC in Kolar.

Along with vegetables, 26 soil samples were gathered, as well as groundwater from agricultural fields and treated wastewater from the Koramangala-Challaghatta Valley tank filling project. The vegetable samples were tested for heavy metals and pesticide residues through an FSSAI-approved laboratory, while CPCB analysed water samples for general parameters. However, the overall findings from the exercise were deemed inconclusive, prompting the renewed drive and deeper checks.

The surveys are being conducted under directions from the National Green Tribunal, which acted last year on the basis of a study by the Environment Management Policy Research Institute (EMPRI). The EMPRI study, conducted in 2023, examined 400 samples of 10 different vegetables and revealed contamination levels of nickel, lead, cadmium, and iron above limits prescribed by the Food and Agriculture Organization (FAO). It warned that vegetables cultivated with wastewater carried heavy metal residues. In particular, cadmium and iron concentrations were found to exceed permissible levels in coriander and spinach, while nickel contamination was widespread across multiple vegetables, raising food safety concerns for consumers.

In line with these concerns, the joint committee resumed field visits in September and collected fresh samples from Chikkaballapura and Kolar. These included vegetables, soil, and water, along with manure and air quality checks. Officials confirmed that the new vegetable samples have again been handed over to an FSSAI-approved laboratory, while soil, water, air, and manure samples will be analysed by CPCB for relevant parameters to ensure consistency in findings.

CPCB said the results of these tests will be compiled, reviewed, and compared with national and international standards before the final report is submitted. The agency has clarified that the additional time until November is required to complete the process and provide a comprehensive picture of contamination risks in vegetables consumed in Bengaluru, ensuring that both farmers and consumers are fully informed, while also aiding future policy measures for food safety.

Advocate seeks SC intervention in Dharmasthala probe

Alarming revelations of secret burials in Dharmasthala prompt Advocate Rohit Pandey to petition the CJI, demanding judicial oversight of SIT, protection for witnesses, and immediate exhumation of remaining bodies

Advocate Rohit Pandey has approached the Chief Justice of India, seeking the Supreme Court's immediate intervention in the Dharmasthala mass burials case. In his letter dated September 16, he urged the court to take suo motu cognizance and to place the ongoing Special Investigation Team (SIT) probe under the supervision of a retired judge of the Supreme Court.

The plea comes in the wake of disturbing revelations, including the recovery of human remains, testimonies from villagers, and corroborations pointing to a series of secret burials in Dharmasthala. Pandey argued that the gravity of these disclosures demands independent judicial oversight to ensure transparency and accountability.

The case drew public attention in July 2025, when sanitation worker C.N. Chinnayya filed an affidavit and lodged a police complaint, claiming that he had been forced for nearly two decades to bury the victims of crimes and sexual assaults. Acting on his allegations, the Karnataka government constituted an SIT on July 20. Since then, investigators have recovered skeletal remains, skulls, and pieces of clothing from multiple sites. Villagers, including relatives of Soujanya—the 17-year-old girl raped and murdered in 2012—testified that they had seen Chinnayya conducting such burials in the past.

Guided by these disclosures, locals pointed investigators to Bangalegudde and other spots where bodies were reportedly visible. On September 13, a senior state minister confirmed that a large number of bodies had been exhumed, likening the site to a mass grave.

Pandey's letter raised concerns that the SIT is under pressure not to continue exhumations despite the presence of more visible remains. He also alleged harassment of lawyers assisting the victims' families, warning that such intimidation threatened the independence of the investigation as well as the legal profession.

Seeking judicial intervention, Pandey urged the Supreme Court to supervise the SIT through a retired judge, oversee immediate exhumations and forensic tests under court monitoring, and ensure protection for witnesses, victims' families, and assisting lawyers. — BMB

Child rights panel spurs prison reforms statewide

The Karnataka Prisons and Correctional Services Department has introduced new measures to create a child-friendly environment for children living with their mothers in prisons. This move follows concerns raised by the State Commission for Protection of Child Rights, which found that children below six lacked access to basic preschool education, play materials, and proper healthcare. To address this, prison authorities will now provide educational support, recreational facilities, and healthcare services within the prison system. In addition, officials have been instructed to share details of inmates' children aged 6 to 18 with Deputy Commissioners, who will coordinate with the District Child Protection Unit. This ensures that children living outside prisons receive proper care, education, and rehabilitation support. The initiative aims to safeguard their rights, ensure their well-being, and prevent them from being neglected. — BMB

Karnataka eases liquor licence approval process

The Karnataka government has rolled out a simplified, time-bound system for approving CL-7 excise licences for hotels and lodges, aiming to curb corruption and end delays. The new software-driven process mandates that applications be cleared within 30 days—either granted or rejected with valid reasons. Earlier, proposals passed through multiple levels of officials, often leading to harassment and bribe demands. Now, powers are limited to the Deputy Commissioner, District Collector, and Excise Commissioner, with applications filed online for quicker clearance. At present, Karnataka has 3,136 CL-7 liquor outlets, with 500–600 new licences issued annually. The number is expected to cross 4,000 within two years, overtaking wine shops and bars. However, strict restrictions remain: no outlets near schools, hospitals, temples, highways, or in residential colonies, and hotels must meet infrastructure norms. — BMB

Massive ration card crackdown hits families

The Karnataka government has launched a massive drive to weed out ineligible ration cards, leaving many families temporarily without subsidised food grains. Notices have been issued, and lists of cancelled or suspended cards are displayed at fair price shops. The Food and Civil Supplies Department is scrutinising Antyodaya and BPL cards obtained through false declarations, cross-checking details with the Tax Department, RTO, Revenue offices, and banks. Cardholders flagged ineligible must submit Aadhaar, PAN, income certificates, property or rental documents, electricity bills, and job details through fair price shops. Failure to provide proof will lead to cancellation. As per rules, ration benefits are barred for semi-government staff, four-wheeler owners, landholders with over 7.5 acres, and urban house renters. Already, 3.65 lakh cards cancelled, 12.68 lakh under verification. — BMB

City's tech corridor crumbles, startups begin exodus

Years of neglected roads, unbearable commutes, and civic inaction have pushed BlackBuck out, fuelling fears Bengaluru's fragile IT corridor may collapse under poor governance

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Bengaluru's reputation as India's Silicon Valley took a serious hit this week as BlackBuck, a leading logistics startup, announced its decision to exit the city's prestigious Outer Ring Road (ORR) stretch. The reason: broken roads, endless traffic snarls, and civic neglect. The move has rattled industry leaders, with former Infosys CFO TV Mohandas Pai and Biocon Chairperson Kiran Mazumdar-Shaw warning that the state's apathy could push global businesses away from the IT capital.

"This is a big, big failure of governance in Bengaluru. Companies are moving out of ORR. Situation beyond hope," Pai blasted on social media, tagging Deputy Chief Minister and Bengaluru Development Minister DK Shivakumar. Shaw reposted, calling for "emergency measures."

BlackBuck's breaking point

For BlackBuck's Co-Founder and CEO Rajesh Yabaji, the tipping point came after years of struggling with deteriorating infrastructure. "ORR Bellandur has been our office and home for the last nine years. The numbers paint a grim picture: employees spending 1.5 hours one way to commute, navigating pothole-ridden, dust-choked roads. Productivity and morale have been crushed, with no hope of change in sight. "I don't see any of this improving in the next five years," Yabaji added.

ORR's broken roads trigger alarm among industry leaders

> **"Plagued by potholes, dust, crippling congestion, and civic apathy, the stretch has worsened commutes, eroded productivity, lowered morale, and ultimately forced companies like BlackBuck to exit** –Kiran Kumar, techie

Tech backbone neglected

Pai, who has been raising alarms for months, said the ORR stretch is the backbone of Bengaluru's tech ecosystem. Any government in the world would have upgraded this corridor. But here, it's being ignored," he told the media.

He accused the government of dragging its feet despite repeated appeals and a ₹4 lakh crore state budget. "We need weekly accountability, we need hope. Every day people lose hours in traffic.

Government's patchwork fixes

Caught in the storm, Dy CM Shivakumar attempted damage control. He claimed deadlines had been given to fill potholes, with commissioners asked to submit daily reports on road inspections. Industry experts said BlackBuck's exit is not just one company relocating—it symbolises a deeper malaise threatening Bengaluru's status as India's tech capital.For years, citizens and corporates have voiced concerns about poor civic planning, chaotic traffic, and neglect of critical stretches.

For a state that prides itself on being India's technology powerhouse, the failure to maintain its most vital IT corridor is not just a lapse in governance but a clear warning that Bengaluru risks losing its hard-earned global edge.

As Biocon's Kiran Mazumdar-Shaw cautioned, "This is serious. Emergency measures needed."

Political tug of war

Following logistics firm BlackBuck's decision to exit Bengaluru, Andhra Pradesh IT Minister reached out on X, inviting the company to shift to Visakhapatnam. "Hi Rajesh, can I interest you in relocating your company to Vizag?" he posted, highlighting the city's cleanliness, safety, and upcoming infrastructure projects. Meanwhile, Karnataka Deputy Chief Minister DK Shivakumar moved to contain the fallout, assuring citizens that road repairs were underway. "Bengaluru's roads are getting the attention they need. Contractors have been given strict deadlines to fill potholes within November," he said, promising smoother traffic and cleaner streets under the city's infrastructure drive.

Shoddy white topping blamed for recurring sinkholes

Residents slam engineers and contractors after a new sinkhole appears on D Bhaskaran Road within 18 months, disrupting commuters and damaging water pipelines

Y Maheswara Reddy
c-y.reddy@timesofindia.com
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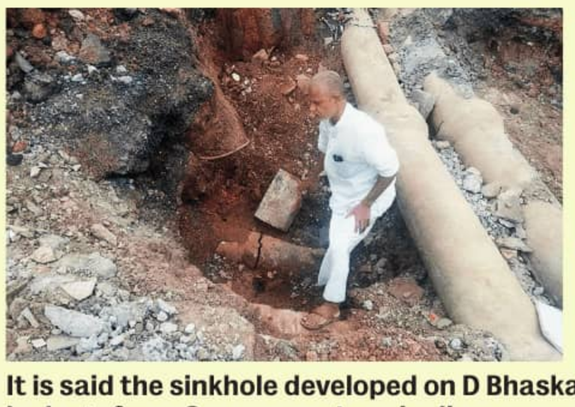
The sinkhole on D Bhaskaran Road is yet another glaring example of negligence and apathy by contractors and engineers assigned for white topping work. This is the second such incident on the same stretch within just 18 months. In December 2023, a six-feet-deep sinkhole had appeared, raising serious concerns about the quality of work undertaken.

D Bhaskaran Road is a crucial artery in Bengaluru East. Thousands of motorists and two-wheeler riders use it daily to reach MG Road, Frazer Town and beyond. It also serves as an important route for KSRTC and private buses bound for Kolar, Chittoor and Tirupati, besides being a busy corridor for heavy trucks.

> **"I have informed the BWSSB engineer to fix the water pipe problem. We will commence the work as soon as the BWSSB engineer fixes the broken water pipe** –Bengaluru Central City Corporation assistant engineer

Any closure of this road, even temporarily, directly impacts traffic flow on Swami Vivekananda Road, already congested during peak hours.

Officials of the Bengaluru Central City Corporation have, however, ensured that traffic has not been disrupted owing to the recent sinkhole. Preliminary checks revealed that a leakage in the Cauvery water supply pipe caused the collapse. Local residents and commuters contend the real culprit is shoddy execution of white topping. They allege engineers and contractors hurried through the project without inspecting the condition of the road or the underlying drain and gaps.



It is said the sinkhole developed on D Bhaskaran Road due to water leakage from Cauvery water pipeline

"We have been repeatedly complaining about the drain passing under this road, but the then BBMP engineers failed to take corrective action. He added that the damaged water pipe has also disrupted drinking water supply until BWSSB completes repairs.

Responding to criticism, a Bengaluru Central City Corporation assistant engineer clarified that the immediate cause was water pipe leakage. "I have already informed BWSSB engineers to repair the broken line. Once completed, we will permanently restore the road," he said.

A BWSSB assistant executive engineer assured that the water pipe problem would be fixed within two hours, after which restoration measures would commence.

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School buses were caught in a massive jam. @CivicOp writes: Kids stuck in heavy morning gridlock on Sarjapur Road after a fatal crash between a concrete mixer and a truck, school buses delayed by 40–50 mins.

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@solidview has this pertinent point to make about BMRCL fare hikes: Remember this Bengaluru? In Feb 2025, BMRCL MD admitted to "technical" errors while explaining revised fares from the initial 130% hike. Since FFC Report is published, calculation error in BMRCL's 105% hike request is evident. Limit fare hike to 40% across all fare slabs now.

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Armed men tie up staff, rob bank of Rs 20 cr in Vijayanagar

Three masked men armed with country-made pistols and knives allegedly robbed a nationalised bank in this district, making off with over Rs 20 crore in cash and gold ornaments, after tying up the staff, police said on Wednesday.

The incident occurred at around 6.30 pm on Tuesday at the State Bank of India branch in Chadchan town of Vijayapura district, they said.

In total, cash and gold ornaments worth over Rs 21 crore have been stolen by the robbers, as per the estimate of the bank authorities.

According to police, three masked men came to the bank under the pretext of opening a current account and threatened the manager, cashier and other employees with pistols and knives. The gang tied up the hands and feet of the staff.

Citing preliminary investigation, Vijaypura Superintendent of Police Laxman Nimbargi told PTI that the suspects used a vehicle with a fake number plate.

After committing the offence, they moved towards Pandharpur in Maharashtra.

Meanwhile, Chief Minister Siddaramaiah has directed the police to take all precautionary measures to prevent such incidents and activities.

"The car has been identified, I have given instructions to trace the accused at the earliest. I have spoken to Vijayapura SP over phone. I have also instructed them to ensure that officials are alert," he told reporters in Bengaluru.

Asked about similar incidents in the region and involvement of robbers from other states, the CM said, "I have instructed police to take all precautionary measures to stop such incidents and activities." **PTI**

City scaling crater heights

CONTINUED FROM PAGE 1

roads. If repairs are not carried out within a stipulated deadline, the respective corporations have to fix the problems and deduct the cost from the payments to be made to the contractors," the GBA Chief Commissioner said.

Meanwhile, the two-wheeler riders and motorists continue to suffer due to pothole-ridden roads in the city. "I have stopped using my two-wheeler to reach my workplace due to the bad condition of the roads. I prefer going by a cab rather than relying on my two-wheeler because it is not safe for me," said Satish M, a software engineer residing at Kithaganur.

Coming down heavily on the authorities for not filling up potholes on many roads at Belagere, Panathur, Varthur, and Gunjur, Swetha Rangaswamy, a member of Individual Taxpayers' Forum, said the residents have been complaining to the authorities concerned for more than a decade but nothing has been done, despite assurances, to fill up potholes. "We have staged a protest to draw the attention of the authorities concerned but the pothole problem is not fixed till date. It has become a habit for engineers to do patch work by dumping wet mix on the road," said Rangaswamy, a resident of Belagere in Mahadevapura Assembly constituency.

Demanding the authorities to restore Swami Vivekananda Road that is filled with potholes, Naveen Kumar R, a resident of Damodar Mudaliar Road, said the number of potholes and craters have been increased between Halasuru Metro Station and CMH Road Junction. "The potholes have become a hurdle for the movement of vehicular traffic. A person was seen filling up potholes with debris. Traffic jams have become routine during peak hours due to the potholes and craters," Kumar said.

Expressing concern over the poor quality of roads developed by Bengaluru Smart City Limited (BSCL), Mariya, an activist of Aam Aadmi Party from Shivajinagar, said Kamaraj Road was developed by the BSCL a few years ago. "Kamaraj Road is not being maintained as per the contract. Potholes have already developed on this road. The authorities spend tax-payers' money. Motorists are suffering now as the road is crumbling," Mariya said.

A worker filling potholes with debris on Swami Vivekananda Road near Halasuru Metro Station

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I, Sajeev Sudarsanan S/o Sudarsanan Subayyan R/o Thoppil Bungalow, Tc 31/1078, PK Lane, Pettah PO, Trivandrum 695024, in some document my name wrongly mentioned as Sajeev Sudarshan but my correct and actual name is Sajeev Sudarsanan for all purposes.

I, NIZAM YARAB JAN S/o YARAB JAN R/o 53/19, 9th main road, Old Gurappana Palya BTM 1st Stage Dharmaram College Bangalore-560029 I have changed my name to Y NIZAM vide affidavit dated: 12/09/2025 Before Notary C. SHARADA Bangalore.

I Lakshmikanth Chandru Bangalore R/at 7, M1, Terra Algeria, Shankanipura, Lakkondanahalli, Hosakote, Bangalore 562114 want to change my minor son's name as Arya Lakshmikanth instead of Arya L in front of Notary Nijagunaradhya T.C. Bangalore

I, WASEEM S/O NAZER residing at 416, kaliyamma street, Nagayanapalya, Maruthi Sevanagar, Bengaluru – 560033. I have changed my name to WASIM AKRAM NAZEER. Vide affidavit dated 17/09/2025 sworn before notary. T V Bhadravijaya Bengaluru

I, Prathibha Munlinge Gowda D/o Munilinge Bore Gowda R/o 2001, Southend E cross, 26th main, 9th block, Jayanagar Bengaluru 560069 have changed my name to Prathibha Munilinge Gowda. I shall be called by this name for all purposes

I, Ashoka Kumar Krishnappa s/o Krishnappa M N R/o 337, Shriyan Nivas, Adarsha Nagar, Malur, Kolar 563130 present camp Bengaluru have changed my name to Ashoka Krishnappa. Affidavit Dt.17/09/2025 notary Harisha G, B'luru

I, Sheeba Raghavan W/O Sajeev Sudarsanan R/O F1301, Princetown Apt, Shettihalli, Jalahalli West, Bengaluru 560015, in some document my name wrongly mentioned as Sheeba Sajeev but my correct and actual name is Sheeba Raghavan for all purposes.

I Mahendran S/o Maruthaveerapandian Shankaranarayanan R/o #16 Concord Sylvan View Electronic city B'lore-560100 have changed my name to Mahendran Maruthaveerapandian

I, sangeetha jain ashok R/o D702,Adarsh premia Aptm, No-3,kadirenahalli outer ring rd,Bsk 2nd Stg,B'luru 560070 have changed my name to Sangeetha Jain for all purposes.

I, Shoba Murthy Budigiri Krishnamurthy W/o Budigere Lakshmaiah Setty Krishna - murthy , Deepthi Nilaya, old Extension, Kolar KA-563101 have changed my name to Budigere Krishnamurthy Shobha Murthy

I, HUMERA, R/a.#24/50-5,8th C Main, N G Palya, Bengaluru-29. I, have Changed my name to HUMERA TAJ, Vide affidavit, dated 16/09/2025 Sworn before Notary Meer Hassan Bangalore

I, Irshad Basha Shaik S/o. Shaik Khaja Peer, R/o. # 23, 2ND Floor, B Street, Bharathi Nagar, Bangalore 560001. I Had Changed & Updated My Name As "Shaik Irshad" IN ALL Documents For All Purposes

I, Bharath Tushant Ram S/O, N Bharath Reddy R/o G3, A Block Saroj Tulip Apartments Belathur Kadugodi Bengaluru-560067 have changed my name to N Tushanthram for all purposes.

I, Salonee Reddy w/o Christopher Joseph, R/o Flat No-101, Villa Maria Apts, No-24, Wheeler Road Extn, B'luru-560084, Have changed my Name to Farah Merchant for all Purposes.

I, Naveena Kumara L S/O, Lakshmana R/o No 13 Doddanallala Hosakote Taluk Bangalore Rural 562114 have changed my name to Muhammad Naveed for all purposes.

I, Ameethkumar Shekher Shetty S/o Shekher R/o GF3, B Block, Ajantha Prime Apts, Konnapan Agrahara, B'lore-560100, have changed my name to Ameeth Kumar for all purposes

I, Sindhu K.R / Sindhu Ravindranath Katta W/o Budigere Krishnamurthy Subramanya Gokul , Deepthi Nilaya, old Extension, Kolar KA-563101 have changed my name to Budigere Subramanya Sindhu Gokul.

I, Kundanmal Kushwant Kumar R/o No, 172, Parasmani, 33rd Cross, 6th Main, 4th Block, Jayanagar, B'luru-560011, have changed my name to Kushwanth Kumar Kundanmal Jain for all purposes.

I Sarita Garapati, W/o Suryanarayana Immanni, R/o #2/32 Mahalingeshwara Nilaya 3rd Cross Kamakya Layout Banashankari 3rd Stage B'luru-560085 have changed my name to Sarita Immanni for all Purposes.

I, Dilshad W/o Gouse peer R/o 332 Ayesha Masjid Road, Mangammapalya B'lore--560068 have changed my name to Dillshad.

LOST & FOUND

LOST my PUC TC around Chikkabanavara,Bangalore on 15/09/2025 at 3pm-4pm. If Found Please contact: 9019873893, T Yesu Balaraj.

tender & notices

PUBLIC NOTICE

PUBLIC NOTICE

Public are hereby informed that my client proposes to purchase the below mentioned property being Agricultural Dry Land, measuring 16 guntas, out of 2 Acres, situate at Mondibele Village, Vijayapura Hobli, Devenahalli Taluk, Bangalore, presently owned jointly by one Mr. Francis S. Selvaraj and Mr. Paul E. George, they having purchased the same in terms of a registered Sale Deed dated 08/11/2023, recorded as Document No. DNH-1-10596/2023-24 in the Office of the Sub-Registrar, Devanahalli.

Persons objecting for the proposed purchase or having any right in the property mentioned below may lodge their objections and /or claims with the undersigned along with supporting documentary evidence within Fifteen Days from the date of this publication and objections and/or claims received thereafter will not be binding on my client and my client will proceed to purchase the below mentioned property as if there are no claimants/ objections.

SCHEDULE PROPERTY

All that piece and parcel of the Agricultural Dry Land, measuring 16 guntas, out of 2 Acres, situate at Mondibele Village, Vijayapura Hobli, Devenahalli Taluk, and the property is bounded on

East by: 15 Mtr wide road,
West by: Vendor's Property,
North by: Park,
South by: 9 mtr. wide road.

-sd-
Dhanvanth J., Advocate,
#18, 2ndFloor,
Opp. St. Pius Church,
Kammanahalli Main Road,
Bangalore-560084
Ph: 9845163340

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CHAR DHAM YATRA 19 DAYS SEPT: 19, 26 OCT: 1, 8
KASHI AYODHYA GAYA/HARIDWAR* 11/16* DAYS
SEPT: 21, 21* 29* OCT: 5*, 12, 19, 26, NOV: 10, 20, 27
KASHI NAIMISHARANYA CHITRAKOOT 14/10* DAYS
NOV: 3, 5* 12, 14*, 26, 28* DEC: 8, 10*, 17, 19*, 24, 26*
GUJARAT/RAJASTHAN* 12/16*/25 DAYS
SEPT: 26*, OCT: 1, 6, 10*, 17, 24* 28 NOV: 14, 14* 17 21* DEC: 3, 8, 12*
ANDAMAN 6 DAYS SEPT: 24 OCT: 10

THE TIMES OF INDIA

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HEALTH TIP: Components in cumin like cumin aldehyde, thymol and phosphorus serve as good detoxifying agents

Salmon is packed with protein and omega-3 fatty acids, which reduce inflammation

BangaloreMirror | 9
Thursday, September 18, 2025
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Morning meal, longer life: The science of eating early

Meal delay associated with mood changes, low energy, poor focus

Iffath Fathima
@timesofindia.com
TWEETS @BangaloreMIRROR

A long-term study has found that delaying breakfast increases the risk of death and is linked to depression, fatigue, poor sleep, and oral health issues and other health concerns among older adults. Clinical dietitians in Bengaluru also report they see similar cases, warning that skipping or delaying breakfast can trigger mood changes, low energy, poor concentration, and long-term health problems.

The study was led by researchers at Mass General Brigham and the University of Manchester tracking adults aged 42–94 in the UK for over 20 years. Researchers noted that, as people age, breakfast and dinner shift later, while the eating window narrows, making meal timing a key marker of health.

About the importance of having early breakfast, dietitian Sadia Farheen said, "Ideally, breakfast should be eaten within 1–2 hours of waking up, usually between 7 am and 9 am for most older adults. This helps stabilise blood sugar, provides energy for morning activities and prevents excessive hunger later in the day. Breakfast is a very important meal for older adults because it helps set the body's energy balance and metabolism for the day. As people age, they may have reduced appetite, slower digestion, and changes in hormone levels, so starting the day with a balanced meal becomes even more critical. Eating breakfast at a later time can disrupt the body's natural rhythm, which is closely linked to sleep, digestion, and overall health. Research shows that delaying breakfast can increase fatigue, reduce alertness, and sometimes worsen mental health conditions such as depression. Some studies show an association between late breakfast timing and higher risk of early mortality. This could be because meal timing influences blood sugar regulation, heart health and sleep–wake cycles, all of which become more sensitive with age."

Aishwarya Pandey, a fellow in diabetic and bariatric care and a certified mother and child nutrition, revealed an interesting case wherein a 29-year-old software engineer who was struggling with depression, insomnia, fatigue, and loss of appetite for over 10 months and found little relief in therapy. But after a six-month diet programme guided by Pandey, his symptoms eased dramatically, leaving him surprised at how dietary changes transformed his mental and physical well-being.

Pandey explained, "The patient had persistent low mood, skipped meals, no breakfast habit, fatigue, sleep disturbances, difficulty concentrating, and social withdrawal. His diet was highly processed—mostly takeaway, snacks, and sugary drinks—with minimal whole foods and little exercise. After six months of dietary therapy, his lifestyle and mental health improved significantly. This case shows that nutritional interventions can play a vital role in managing depression, particularly where dietary imbalances and chronic stress are present. The improvements likely came from reduced inflammation, stabilised blood sugar, better nutrient intake, and a healthier gut microbiota—all of which are now known to influence mental health."

The dietitians said that families can play a crucial role by ensuring timely meals are provided. "There are many reasons why older adults may delay meals ranging from reduced appetite due to age or medications, dental issues, fatigue, depression, digestive problems, to irregular sleep schedules. Living alone can also reduce motivation to eat. Families can play a big role by creating consistent routines, sharing meals, offering smaller and easy-to-eat portions, and consulting doctors or dietitians if needed. Even encouraging light morning activity can help stimulate appetite before breakfast," Said Sadia.

In addition, the study stated that older adults should aim for balanced meals at regular intervals to maintain stable blood sugar and energy. This includes high-fibre foods for digestive health, lean protein to preserve muscle mass, and calcium-rich foods to support bone health. Consistent timing helps regulate metabolism and supports overall well-being Pandey added, "For older adults, it's important to focus on nutrient-dense, low-calorie foods that support overall health and weight management, they need to include foods such as leafy greens (for calcium and antioxidants), fatty fish (for omega-3s and heart health), whole grains (for fiber and digestive health), and lean proteins (for muscle preservation). Additionally, foods rich in vitamin D and magnesium are important for bone health and overall vitality."

SMART NUTRITION TIPS FOR OLDER ADULTS

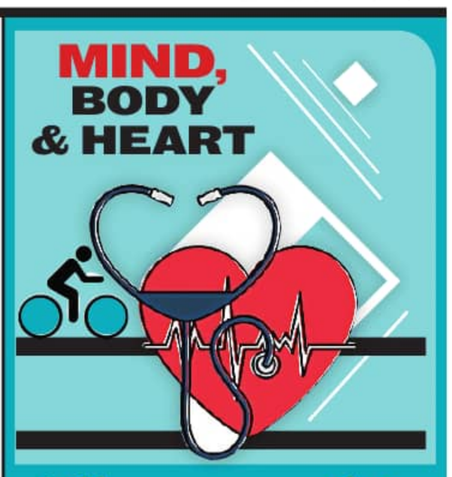
Protein: Build and preserve muscle with lean meats, fish, eggs, beans, and tofu.
Fibre: Aid digestion with whole grains, fruits, vegetables, and legumes.
Healthy Fats: Support heart and brain health with nuts, avocado, olive oil, and fatty fish.
Calcium & Vitamin D: Strengthen bones with dairy, leafy greens, fortified milks, and fish.
Hydration: Drink water and include hydrating foods like cucumber, watermelon, and soups.
Limit Processed Foods: Cut down on sugar, salt, and packaged foods.

— (Courtesy: Aishwarya Pandey)

For better comfort and sleep

- Dinner should ideally be 2–3 hours before bedtime.
- Meals should be lighter in the evening compared with breakfast or lunch.
- If hunger strikes close to bedtime, a light snack such as warm milk, yoghurt, or fruit is better than a full meal.

— (Courtesy: Sadia Farheen)



All you need to know about...

Obesity treatment

Crucial problem
Obesity has become one of the crucial health problems, which affects billions of people. Most of the time to fight obesity, doctors recommend eating better, changing to a healthy diet, and working on healthy exercise. In a recent study, the Lancet published a study that shows that taking a slightly higher dose of semaglutide could help people shed more weight and faster without adding dangerous side effects. Semaglutide is one of the most popular drugs that helps people lose weight.

Higher dose
The researcher found that the 7.2 mg dose of semaglutide was generally safe and well tolerated. Most of the people will experience side effects like nausea, diarrhoea, or occasional vomiting, which is similar while having lower doses. And some are found to experience tingling and other minor sensations in their body, but they were temporary. While some people might feel a bit uncomfortable, the side effects are manageable and not life-threatening.

Why does it matter?
For many people who want to lose weight and are suffering from obesity, changing their diet and taking up a workout routine or exercising more takes time to see the result, even after taking medications, which isn't enough. But with higher doses of semaglutide shown to be safe, patients who hit a weight loss or feel discouraged might finally see real, meaningful results after taking the doses. Obesity can lead to health risks like type 2 diabetes, heart disease, high blood pressure, and even some cancers. By helping people lose more weight and keep it off, higher-dose semaglutide could not only improve individual health but also ease the strain on healthcare systems worldwide. —Femina

MIRRORLIGHTS

Soon, a simple mouth swab may enable tuberculosis screening: Study

From the currently used sputum testing, soon tuberculosis screening can be done via a simple tongue swab, according to a study.

The potential breakthrough using an enhanced CRISPR-based technology could allow easier, community-based screenings for the world's deadliest infectious disease, said researchers from Tulane University in the US.

Lead author Zhen Huang, an assistant professor at Tulane's School of Medicine, said developing a viable tuberculosis tongue swab test could transform testing in low-resource communities.

"Tongue swabs are painless, easy to collect, and don't require trained medical staff," Huang said. "That opens the door to large-scale screenings." Current TB tests rely on sputum; mucus collected from the lungs and lower respiratory system.

Collecting sputum is not only difficult but is also unfeasible in about 25 per cent of symptomatic cases and nearly 90 per cent of asymptomatic cases -- a gap which contributes to an estimated 4 million tuberculosis cases going undiagnosed annually.

The study, published in the journal Nature Communications, worked to address that gap by refining a previously developed CRISPR-based assay to better detect TB in samples with very low levels of bacteria, such as stool, spinal fluid, and tongue swabs.

—IANS

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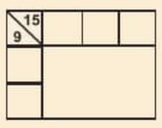
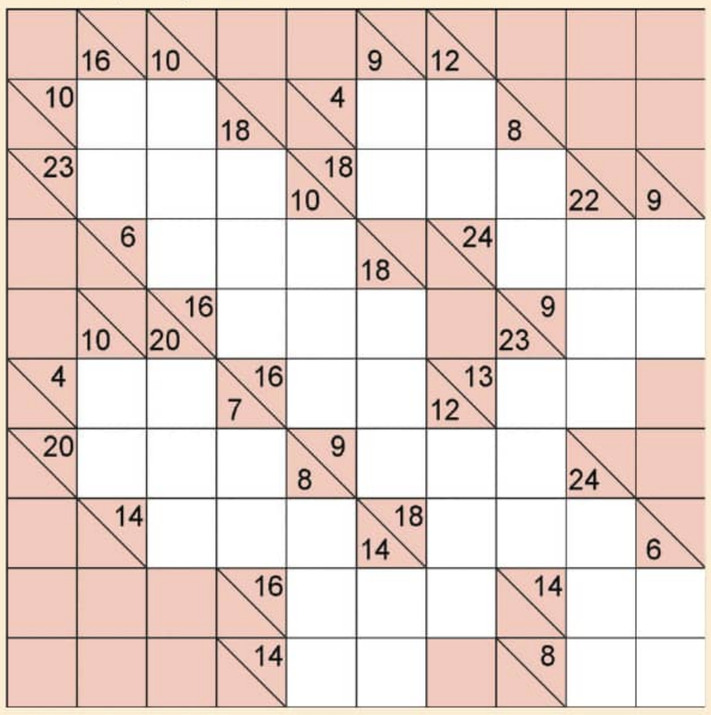
Kakuro

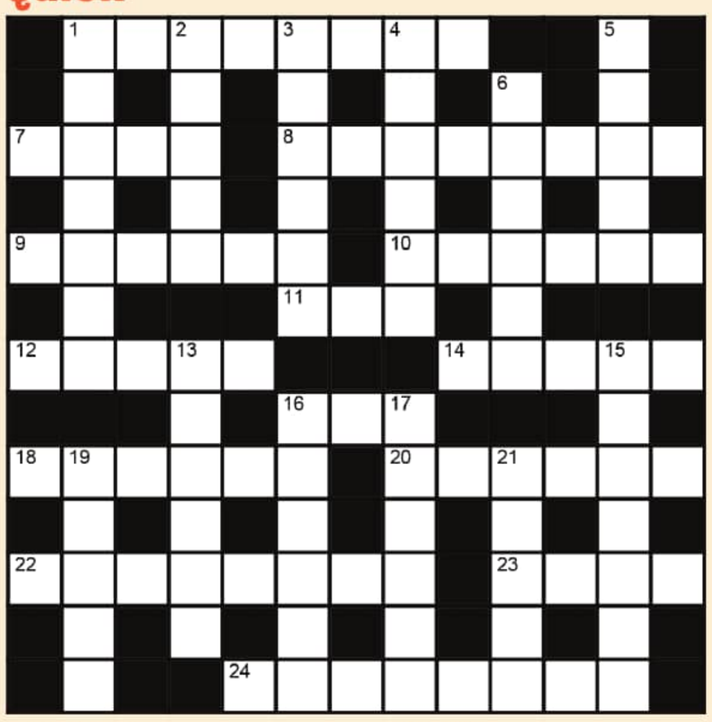
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Took a detour (8)
7 Burn slightly (4)
8 An extinct mammal (8)
9 Lets in (6)
10 Cedes, brings about (6)
11 Donkey (3)
12 Hundred lakhs in our country? (5)
14 Tend a fire (5)
16 By way of (3)
18 Merchant of Venice lawyer (6)
20 Vanquish (6)
22 Al Capone's nickname (8)
23 Wading bird (4)
24 Muscular power (8)

DOWN

1 Jayachamaraja Wodeyar ____ : Last king of Mysore and first Governor of Karnataka (7)
2 Indian Zoroastrian (5)
3 Indian snack (6)
4 Literary compositions (6)
5 Rocky inlet (5)
6 Instant (6)
13 Fall back or recede (6)
15 Like a rogue or a rascal (7)
16 Unoccupied (6)
17 Stick (6)
19 Take place (5)
21 Throw or hurl (5)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: S EQUALS D

VXY MWKRS SWYFT'V NOUY FYTFY ATVCR IWA BWKGY CV VW.

Linemaro

I like Legos, you like Legos, why don't we build a relationship?

Mindchow

Silence is the sleep that nourishes wisdom

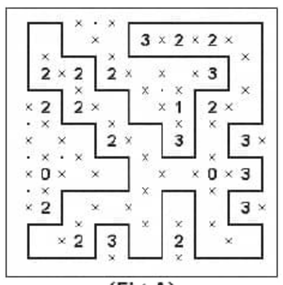
Joke of the day

I took a physics course that was so hard I couldn't find the classroom

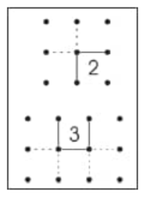
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

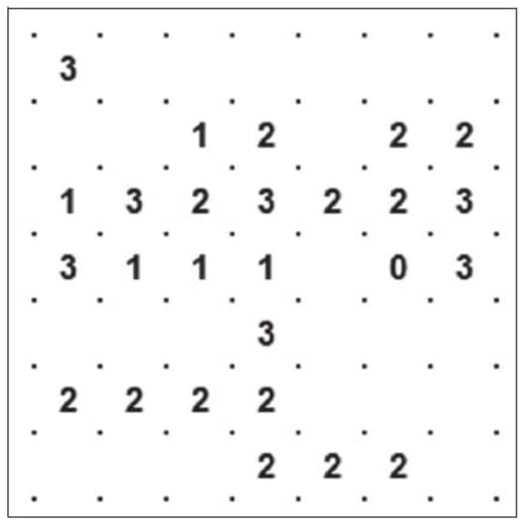


(Fig B) Not Allowed

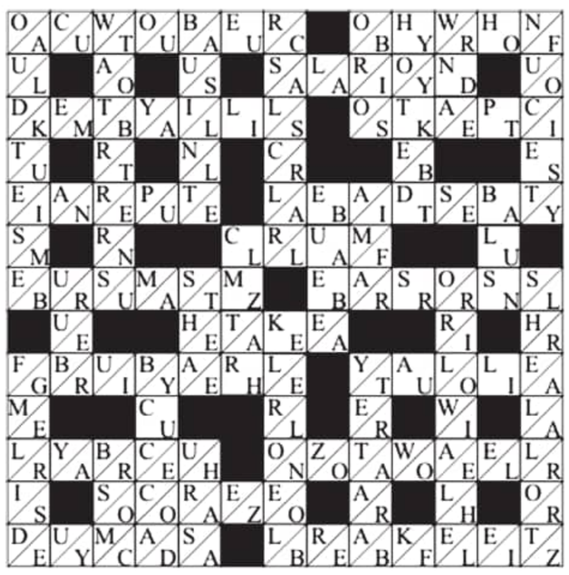
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



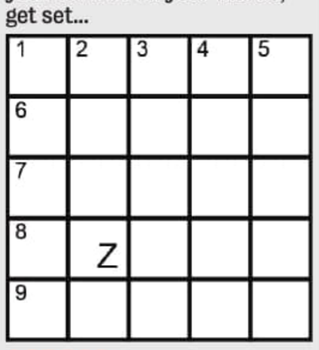
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

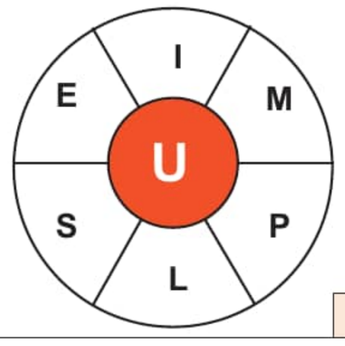
1 Sedge; 6 No API; 7 Allah; 8 At Zoe; 9 Hep do

DOWN

1 Hap he; 2 Azido; 3 A glop; 4 Eaten; 5 Lodes

Mensapuzzle

Which letter completes the puzzle?



Bull's eye

How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

09 Average; **10** Good; **12** Outstanding

SudokuChallenge

3				2				7
	4		6			5		
7	9	1				4		
				6	4		1	
4		8				6		9
	5		3	7				
		9				8	5	4
		3			6		9	
2				8				3

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 4

3 4 6 9

Medium = 17

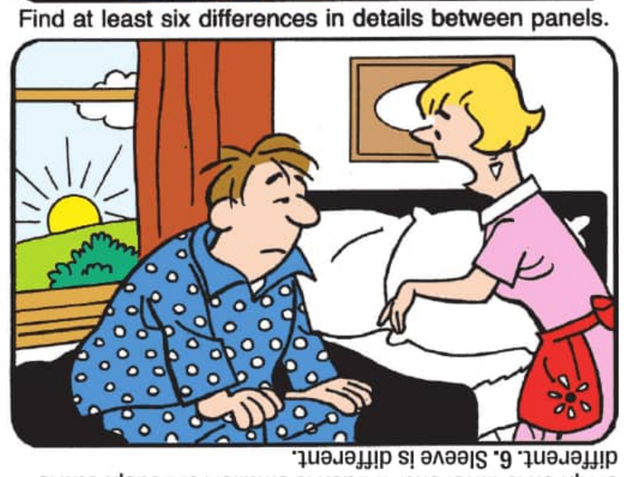
4 5 6 9

Hard = 6

2 2 8 8

Hocusfocus

Find at least six differences in details between panels.



Differences: 1. Earring is different. **2.** Arm is lower. **3.** Apron is different. **4.** Bush is smaller. **5.** Bedspread is different. **6.** Sleeve is different.

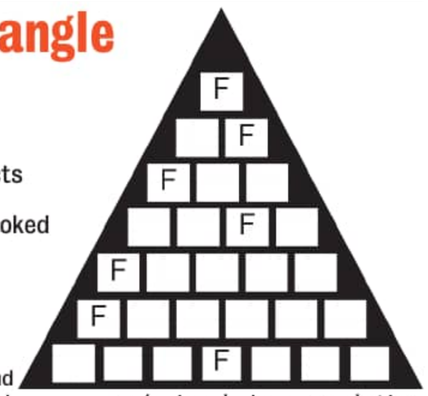
Riddler

Find out what the animals are! (for example, "To run away or escape" could be a "flea")

1. hair-control foam 2. very exposed 3. tellin' falsities 4. a lamenting cry

Alpha triangle

1 Farad, abbr.
2 Despite being
3 Shame!
4 Existence
5 Two winged insects
6 Meadows
7 Smothered or choked



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Popeye

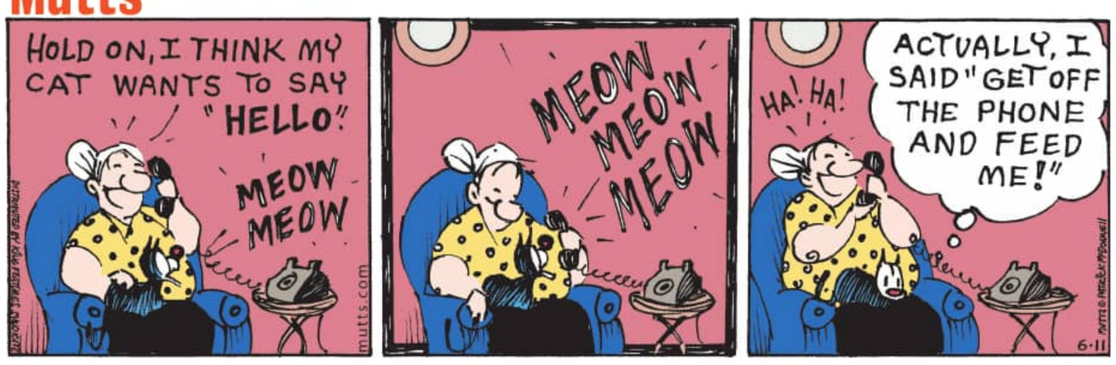
Bizarrotrip

Diamond Lil

Hart of the city

Crankshaft

Mutts



WRITTEN IN THE STARS

DR SUNDEEP KOCHAR

If it's your birthday today

Your journey this year is filled with growth. Finances benefit from conscious saving and wise spending. Career advancement follows your willingness to adapt. Love becomes more meaningful through acts of care and understanding. Luck favors decisive actions. Tip: Practice patience, allowing things to unfold naturally will bring you unexpected rewards and long-term satisfaction in all areas.

Aries Mar 21 – Apr 20
Momentum builds—take decisive action toward your goals. Confidence fuels progress, attracting opportunities and supportive allies. Your boldness today creates lasting impact, setting the stage for exciting achievements in work and personal life.

Taurus Apr 21 – May 20
Find solace in simplicity. Disconnect from the noise and spend time in peaceful spaces. These quiet moments help you recharge emotionally, providing clarity and strength for the tasks ahead.

Gemini May 21 – Jun 21
Curiosity leads to growth. Engage in meaningful conversations or explore new subjects that expand your mind. These insights spark innovative ideas, empowering you to refine plans and pursue exciting possibilities.

Cancer Jun 22 – July 23
Trust your intuition, it's guiding you toward emotional fulfillment. Follow your inner compass when making decisions about relationships or career moves. This alignment ensures your choices lead to authentic and rewarding experiences.

Leo Jul 24 – Aug 23
Recognition comes your way, own your accomplishments with pride. Share gratitude with those who supported your journey. This humility, paired with your charisma, deepens relationships and opens doors for new opportunities.

Virgo Aug 24 – Sep 23
Organization creates balance. Clear clutter, physically and mentally, to restore focus and peace. Streamlining your priorities allows you to approach challenges with renewed energy and precision, ensuring steady progress in all areas of life.

Libra Sep 24 – Oct 22
Relationships thrive when nurtured. Express appreciation and practice active listening to strengthen connections. Your empathy fosters harmony, making this a perfect day to deepen bonds with friends, family, or a partner.

Scorpio Oct 23 – Nov 22
Transformation continues, embrace change with courage. Let go of what no longer serves your growth, welcoming new beginnings that align with your purpose. Trust this process of renewal, it's leading to profound progress.

Sagittarius Nov 23 – Dec 22
Adventure beckons, seek new experiences that spark joy. Whether through travel, learning, or exploration, these opportunities broaden your horizons and reignite your enthusiasm for growth, inspiring you to chase your biggest dreams.

Capricorn Dec 23 – Jan 20
Patience yields results. Avoid rushing decisions, steadiness ensures lasting success. Focus on long-term goals, knowing every small step you take now builds a strong, stable foundation for future accomplishments.

Aquarius Jan 21 – Feb 19
Collaboration brings breakthroughs. Share your innovative ideas with others and welcome their perspectives. These partnerships spark creativity and transform your plans into actionable strategies, helping you achieve meaningful progress with shared effort.

Pisces Feb 20 – Mar 20
Self-reflection brings clarity. Spend time journaling or meditating to process emotions. This quiet introspection strengthens your intuition, preparing you to navigate upcoming opportunities with wisdom, confidence, and emotional balance.

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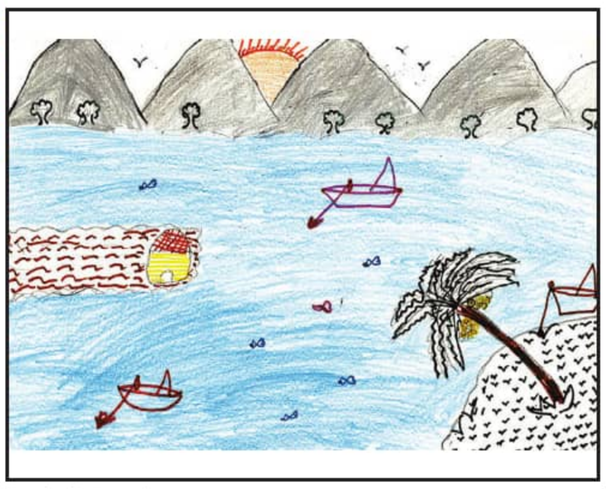
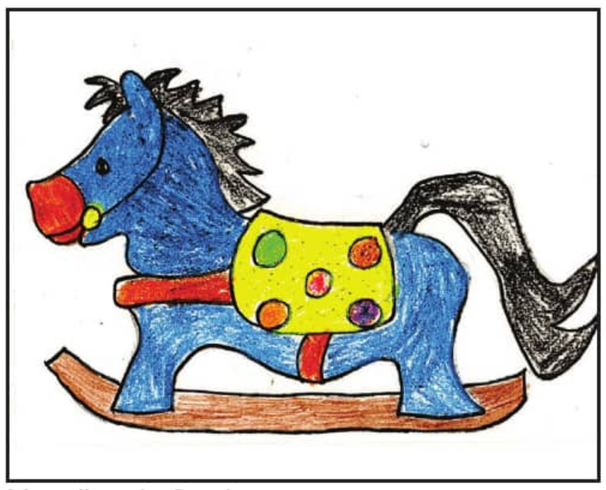
KIDZONE



Varsha N, Bengaluru



Atharva Usgaonkar Bengaluru

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
(11/6 – 5/6 + 1.5) x (3.8^3) =
(6/6 + 1.5) x (3.8^3) =
1 + 1.5 * 3.8 ^3.8 =
2.5 * 14.44^3.8 =
2.5 * 54.872 =
137.18

QUOTE UNCODE
The world doesn't make sense until you force it to.

BULL'S EYE
IMPULSE, ilea, lump, mule, muse, plum, plume, plus, pule, pulse, slum, slump

FAST FIVE

E	D	G	E	S
A	Z	O	T	E
H	A	L	A	L
P	I	A	N	O
H	O	P	E	D

STRIKE OUT

O	C	T	O	B	E	R	■	B	Y	R	O	N	■	■
L	A	U	■	A	A	R	O	N	■	O	■	■	■	■
D	E	T	A	I	L	S	■	O	K	A	P	I	■	■
T	T	L	■	C	■	■	■	E	■	S	■	■	■	■
I	N	E	P	T	■	A	B	I	D	E	B	Y	■	■
M	■	R	■	C	L	A	M	■	■	■	U	■	■	■
E	R	S	A	T	Z	■	B	A	R	O	N	S	■	■
■	U	■	H	A	K	E	■	I	■	H	■	■	■	■
G	R	U	Y	E	R	E	■	T	A	L	I	A	■	■
■	E	■	U	■	R	■	E	■	W	■	L	■	■	■
L	A	R	C	H	■	N	O	T	W	E	L	L	■	■
I	■	S	C	R	E	E	■	R	■	L	■	O	■	■
D	U	M	A	S	■	L	E	A	F	L	E	T	■	■

QUICK

■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
■	■	■	■	■	■	■	■	■	■	■	■	■	■	■

MENSA PUZZLE
L. Starting with H and moving anti-clockwise, letters advance through the alphabet in steps of 10, then 8, then 6 etc.

RIDDLER
1. Moose (Mousse),
2. Bear (Bare),
3. Lion (Lyin') &
4. Whale (Wail)

SUDOKU

2	1	4	9	8	5	7	6	3
6	7	9	2	1	3	8	5	4
1	5	6	3	7	9	2	4	8
4	3	8	1	5	2	6	7	9
9	2	7	8	6	4	3	1	5
7	9	1	5	3	8	4	2	6
8	4	2	6	9	7	5	3	1
5	8	3	4	6	1	9	2	7
3	6	5	4	2	1	9	8	7

ALPHA TRIANGLE
F, If, File, Life, Files, Fields, Stifled.

GO FIGURE
Easy
3 + 4 + 6 – 9 = 4
Medium
4 x 5 + 6 – 9 = 17
Hard
2 x 8 – 2 – 8 = 6

LOOP

KAKURO

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